

CLAIMS

1. Use of a creatine compound, in particular creatine or a creatine analogue for the manufacture of a therapeutic preparation for the prevention or treatment of muscle disuse syndrome in a subject.

2. Use as claimed in claim 1, wherein the subject to be treated need not in addition perform a training programme to increase muscle volume and muscle functional capacity.

3. Use as claimed in claim 1 or 2, characterized in that the therapeutic preparation is intended to be administered in an amount that leads to a total daily supplementation of 0,5 to 5 g creatine.

4. Use as claimed in claims 1-3, characterized in that the muscle disuse syndrome is the result of immobilization, or reduced level of physical activity due to disease, aging, or (mental or physical) handicap.

5. Therapeutic preparation for treating or preventing muscle disuse syndrome, comprising a suitable carrier, diluent or excipient and an effective amount of one or more creatine compounds.

6. Therapeutic preparation according to claim 5, which is a drug.

7. Therapeutic preparation according to claim 5, which is a nutritional supplement.

8. Therapeutic preparation according to claim 5 or 7, which has the form of a food stuff comprising one or more additional creatine compounds.

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